



World's Best Lasagna

READY IN



195 min.

SERVINGS



12

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13 ounce tomato sauce canned
- 28 ounce canned tomatoes crushed canned
- 1.5 teaspoons basil leaves dried
- 1 eggs
- 0.5 teaspoon fennel seeds
- 4 tablespoons parsley fresh chopped
- 2 cloves garlic crushed
- 0.3 teaspoon ground pepper black
- 1 pound sausage sweet italian

- 1 teaspoon penzey's southwest seasoning italian
- 12 lasagna noodles
- 0.8 pound ground beef lean
- 0.8 pound mozzarella cheese sliced
- 0.5 cup onion minced
- 0.8 cup parmesan cheese grated
- 16 ounces ricotta cheese
- 0.5 teaspoon salt
- 12 ounce tomato paste canned
- 0.5 cup water
- 2 tablespoons sugar white

Equipment

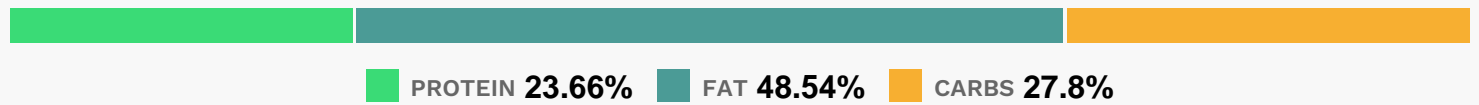
- oven
- mixing bowl
- pot
- baking pan
- aluminum foil
- dutch oven

Directions

- In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 tablespoon salt, pepper, and 2 tablespoons parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally.
- Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes.
- Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt.
- Preheat oven to 375 degrees F (190 degrees C).

- To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange 6 noodles lengthwise over meat sauce.
- Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese.
- Bake in preheated oven for 25 minutes.
- Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:36.76, Glycemic Load:13.01, Inflammation Score:-7, Nutrition Score:22.478260765905%

Flavonoids

Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 506.21kcal (25.31%), Fat: 27.43g (42.2%), Saturated Fat: 12.98g (81.15%), Carbohydrates: 35.35g (11.78%), Net Carbohydrates: 31.87g (11.59%), Sugar: 8.72g (9.68%), Cholesterol: 107.06mg (35.69%), Sodium: 989.83mg (43.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.08g (60.17%), Selenium: 46.5µg (66.43%), Phosphorus: 412.76mg (41.28%), Calcium: 341.67mg (34.17%), Vitamin B12: 1.87µg (31.18%), Vitamin K: 32.32µg (30.78%), Zinc: 4.47mg (29.81%), Manganese: 0.56mg (27.76%), Vitamin B6: 0.49mg (24.68%), Vitamin B3: 4.85mg (24.23%), Vitamin B1: 0.35mg (23.49%), Vitamin B2: 0.39mg (23.18%), Potassium: 728.59mg (20.82%), Iron: 3.67mg (20.38%), Copper: 0.37mg (18.52%), Vitamin A: 886.47IU (17.73%), Vitamin C: 14.04mg (17.02%), Magnesium: 65.62mg (16.41%), Fiber: 3.48g (13.93%), Vitamin E: 1.96mg (13.04%), Vitamin B5: 1.07mg (10.7%), Folate: 37.25µg (9.31%), Vitamin D: 0.32µg (2.15%)